

FRIED RICE

Fried rice, as far as I'm concerned, should be thought of as a way to use leftovers or to make a quick lunch out of odds and ends. Thus, a recipe as such seems out of place. The basic principle is to use cold cooked rice—I save the leftover rice from each evening's meal in a plastic container in the refrigerator. The rice should be heated in the *wok* or a frying pan with a bit of oil first. While the rice is being warmed up, prepare the other things you will use. If you have a large amount of any one dish left over, base the fried rice dish on that and add additional fresh ingredients—ginger, meat, green onion—which will supplement or complement the leftover. You can always add carrot (diced and stir-fried), celery (diced and stir-fried) and egg or egg yolk (lightly beaten, fried and stirred during frying to break it up).

For example, if you have leftovers from a pork dish, 1) start heating the rice, 2) if necessary cut up a small amount of additional pork, 3) finely chop some ginger, 4) chop up some green onions, 5) chop up any other vegetables you have that you think can be used. When the rice is well heated, remove to a serving bowl. Cook the egg first, and place it with the rice. Then stir-fry carrots or other firm vegetables, and

place these with the rice. Finally fry any fresh meat, adding some chopped ginger. Then add the leftovers, warming them up thoroughly, and return the rice and egg to the *wok*, stir well, and add chopped green onion. Add about 1 tsp. salt for every large serving of cooked rice. Season and color by adding soy sauce, a small amount of wine, black pepper, a small amount of sugar and vinegar. If desired, sprinkle sesame oil over the rice and stir before serving. You can make hot "Szechwan-tasting" fried rice by adding hot bean sauce to the meat, as well as red peppers or garlic.

CHINESE FRIED RICE

3 tablespoons oil
2 cups onions/coarsely
chopped
2 cups cooked rice/cold
2 eggs, beaten
2 tablespoons soy sauce
1/2 teaspoon salt

Place WOK on medium heat. Add oil. Add onions and fry until golden brown. Add cold rice and stir. Add eggs, seasoned with soy sauce and salt. Stir-fry until done—(5-10 minutes). Try these tasty variations. Add your choice of 2 cups of chopped cooked meat...bacon, ham, chicken, shrimp...or chopped green pepper or roasted peanuts. Serves 4-6.

FRIED RICE (1)

3 cup cold rice

1/2 tsp. accent

2 eggs, lightly beaten

1/2 cup oil

2 TBSP. dark soy sauce

1/2 tsp. sugar

1/2 cup cooked chicken, diced

2 stalks scallion, chop

1/2 cup frozen peas

1/2 cup cooked shrimp

1 cup roast pork or ham or bacon

Salt to taste

Pour oil into pan, heat meats with scallion, add rice, stir thoroughly. Add sugar, soy sauce and accent, then slowly pour the beaten eggs with salt over the rice so that they will coat it but not settle in lumps. Lower the heat to warm, add peas and the rest of shrimp. Mix well, serve hot

1/4 teaspoon accent
1/2 Tablespoon sugar

I can't remember
the last time I
bought pork
chops - use 2
packages hot
dogs

2 pork chops
4 cups rice
1 head broccoli
20 shredded carrots
4 mushroom
2 cups peas
3 eggs

1 teaspoon
hot chili oil
1 tablespoon garlic
1 teaspoon ginger
3 T. sesame
oil
2 fresh ground
pepper

*Karohi
w/peas
of bamboo shoots*

*Rinse on cold H₂O
Great every
Sunday
at it.*

RICE

Rice is the staple food of China. When preparing rice, wash it several times until the water runs clear. Use 1 cup of rice to one-one half cup of water for DRY rice, 1 cup of rice to 2 cup of water for SOFT rice. Boil rice over a high flame until most of the water is absorbed. Then turn the heat to low and cover and simmer for 15 minutes. Cooked rice will keep for 1 week.

Let warm on pan for rest.



FRIED RICE (2)

Same ingredients and seasoning. Saut'e egg until dry, break into small pieces. Then saut'e meat, shrimp, peas and bacon or pork for a few seconds, set aside. Heat rice in pan with oil until hot, then lower the heat, then add soy sauce, sugar, accent, stir until the right color you want, then add the rest of the ingredients. Garnish with scallion. This way of cooking is more attractive because one can see what one eats. Try to use oyster sauce instead soy sauce. * wrap fried rice with fresh, crispy lettuce is excellent.

Try eat but beef - this is tough when reheated.